

BENEFITS OF LAUGHTER YOGA -WORKSHOP

Conducted by Ms. Krishna Kapoor

Laughter yoga is a new twist on an ancient practice. Not only does it increase happiness, but it also strengthens the immune system, reduces pain and lowers stress. More contagious than a cough or sneeze, laughter relaxes the whole body. It triggers the release of endorphins, promoting an overall sense of well-being

Workshop for all the teachers was conducted in JM International School, Dwarka on 21st September 2019 for teachers to understand concept of laughter yoga and its benefits. Ms. Krishna Kapoor, resource person from School Cinema, talked about the importance of laughter yoga practices to a stress free and healthy life. She shared the data and statistics about health problems faced by teachers and how some laughter yoga practices, if done regularly can be used as a tool not just to relieve the stress but also reaffirm a healthy way of life in hectic schedules. Many different yoga asanas were taught to and practiced with teachers to demonstrate the correct way of practicing laughter yoga. Overall, it was an interesting and enlightening experience.